

## *Moringa Tree Recipe*

### **Moringa Tea**

There are a number of ways you can enjoy Moringa tea. You can use ½ to 1 teaspoon of dried Moringa leaves to a cup of water. If making the tea with fresh leaves, you can add 2 to 3 compound leaves to boiling water, cook the leaves briefly for a minute, then cover and let steep for 5 – 10 minutes. Or you can put ½ tsp. Moringa powder into hot water, cover and let steep. Add some lemon peel and a little sweetener of your choice, or play around with other combos. I really enjoy Moringa/peppermint tea.

## *Moringa Tree Recipe*

### **Mung Bean Stew**

<b>4 Tbsp. vegetable oil</b>	<b>1 tsp. minced garlic</b>
<b>1/2 cup miso broth</b>	<b>4-1/4 tsp. sea salt</b>
<b>2 T sliced onion</b>	<b>3 cups water</b>
<b>1/2 cup sliced tomatoes</b>	<b>dash of pepper</b>
<b>3 cup moringa leaves, washed</b>	
<b>1 cup dried mung bean, boiled</b>	

**Preparation: Sautee garlic, onion and tomatoes in large fry pan.**

**Cover and cook 3 minutes. Add mung bean, miso broth and water.**

**Cover and bring to a boil. Season with salt and pepper, then add moringa leaves and cook 5 minutes longer. Serves 6**

## *Moringa Tree Recipe*

### *Moringa Leaf Sauce*

5 Tablespoons of Moringa leaf powder

¼ cup of peanut butter

5 Tablespoons of oil, (vegetable, olive, or palm oil)

1 Medium onion - chopped

1 quart of water

Salt and pepper to taste

Red pepper or pepper flakes to taste

Add peanut butter and water and bring to a boil. Cook for 20 minutes

on medium heat. Add oil, Moringa leaf powder and chopped onion.

Cover and simmer for 20 minutes.

Add salt and pepper and red pepper to taste.

Serve over rice or couscous and with vegetables.

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### **Moringa Smoothie**

1 cup coconut milk (can use almond milk, rice milk, etc.)

1 tsp. Moringa powder or dried leaf

½ tsp. cinnamon

dash nutmeg

½ tsp. turmeric

¼ tsp. cardamom (or two cardamom seeds pods) ½ banana (fresh or frozen)

(can modify with other herbs, spices and super foods like coriander, ginger, astragalus, etc.)

Blend and enjoy.